And Diet Rules For Summer Health

By Pauline Furlong
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LL FORMS of outdoor exercise should be indulged in during every season of the year, but in warm weather, when the sun is hot, they should be less violent and practised in the cool of the early morning or after sundown. It is not necessary to be skilful in any game. On the contrary, competitive

games may tax the mental as well as the physical organs and frequently do more harm than good. The girl having thin forearms and slender ankles

and legs should practise tennis strokes with a ball and racket about fifteen minutes each day and longer if time and strength permit. You will experience severe aches and pains in forearms and calves after a game of tennis. This proves which muscles are brought into play and thereby benefited. Of course, a real game of tennis

its most too strengous for slender women who are not strong. It is one of the best known fat reducers for the fat one, but daily practice, serving the ball, bending and stooping and running after it, will develop flesh and muscle as well.

Tennis exercises also help produce the clear pink complexion which denotes cleanliness inside and out, pure, active blood, and well trained eliminative organs. Copious water drinking increases the amount of digestive juices necessary to convert blood into tissue building material and it also removes thick, slimy substances which clog the blood and make the complexion sallow. At this season particularly much water should be taken-at least two quarts each day, and more, if possible, to help make blood thin which has become thick and clogged through beavy cating and sedentary habits during the winter months.

Remember, too, that most green vegetables, fruits and salads purify the blood, excite the action of the liver and act in many ways as valuable aids to health and complexion.



Dairy Week Recipes

HIS is dairy week, and house- purposes. It can be poured over

tute and can be used in a great variety of ways. Following are a few of

BAKED RICE AND CHEESE.

Cook one supful of rice in three cupfuls of milk ar if there is left over cooked rice use two cupfuls of this. Add two tablespoonfuls of melted butter substitute, one teaspoonful of salt and a dash of paprika. Into a greased baking dish put alternate layers of this mixture and grated cheese, using a half cupful of the sheese, Add sufficient milk to moisten. Cover with bread crumos dotted with butter and brown in moderate oven.

CORN AND CHEESE.

Cook one tablespoonful of chopped green pepper in one tablespoonful of melted butter until well done. Make a sauce of a quarter cupful of flour, two cups of milk and one cup of grated cheese, add one cup of corn, beaten yolks of three ergs and a half teaspoonful of sait. Fold in the stiffly beaten whites and pour into a greased baking dish. Bake half an hour in a moderate oven.

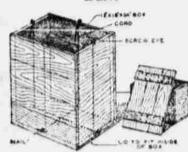
Cheese combines nicely with eggs Cheese combines nicely with eggs and can be served either as creamed, baked or scrambled eggs.

SCRAMBLED EGGS AND CHEESE.

Beat four eggs slightly and add a quarter pound of grated cheese, one teaspoonful of chopped paraley, half a teaspoonful of sait and nutmeg to thate. Mix well and cook over a slow fire, stirring constantly. The cheese should be melted by time eggs are cooked and it should be served at

As a sauce, cheese serves various

Homemade Waste-Paper Baler



Baler

In the second process of the good in or who all great the significant form the control of the good in the process of th screw eyes and passed through the holes, as indicated. Nails are in-serted through loops in the cords, projecting from the holes. The paper: have seen it in the papers; they've projecting from the holes. The paper is placed in the box as it accumu-lates, and pressed down by tramping weeks, ever since the body was on the lid, or by placing a leavy found"—
weight on it. When the box is filled the lid is removed, the nails at the leaps withdrawn, and the cords tied caw his picture in a paper which I around the bale. The bale is then bought downtown and I recognized



Minutes Each Day.

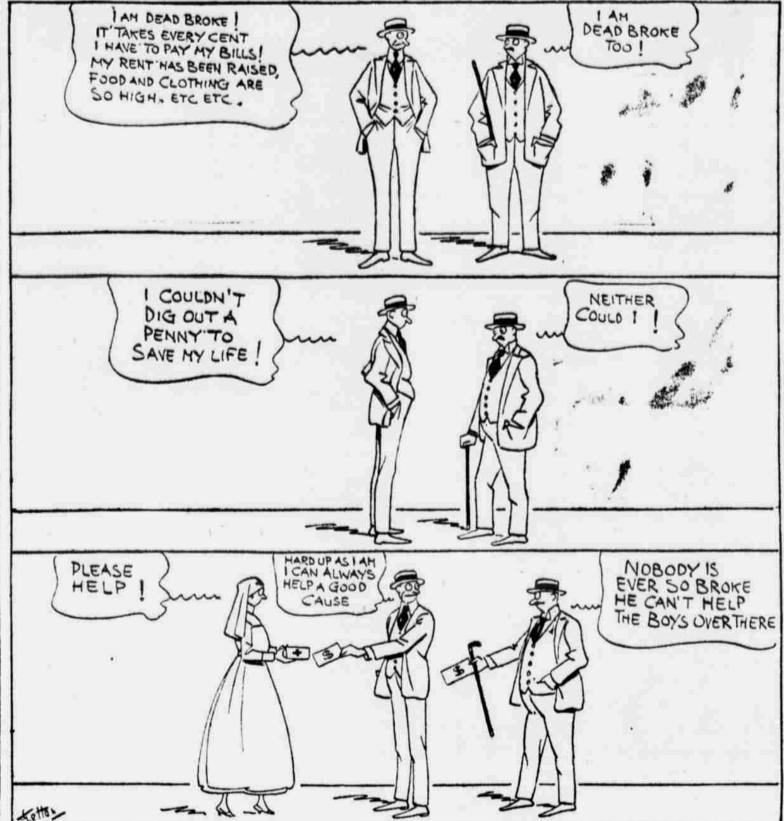
wives are being urged not to conserve but to generously use dairy products. Milk should be used in much larger quantities, and if cheese is not more extensively consumed it will mean severe losses to Gairymen.

The progressive housekeeper is always on the alert for new ideas in cooking and the present day patrictle cook needs but this hint and she will fall right in line to do her bit in solving the food problems of her country. She will be feeforth include milk and chaese in her daily menus.

Choese is an excellent meat substitute and can be used in a great variwives are being urged not to toast, making a savory breakfast

Fresh Air Exercises Never Too Broke to Help! By Maurice Ketten

HOME PAGE Thursday, May 23



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

"Mother Peg"

you remember what a bright summery day it was last Sunday? No one could restat going out into the fresh green woods on such a day. I could not, anyway, I climbed up the side of a steep hill to a flat table like rock that offered a comfortable seat where I might enjoy a long hour of reading. But I was not to read that morning. I was hardly seated amid the sunlit treetops and the deep cool shades when an anxious little pair bark, half yelp made me turn to see a stubby brown misde me turn to see a stubby brown and white nose poke out of a cieft between some huge rocks on a nearby rise. This nose was followed by two others very like it in color. All three noses smiffed the air and the threshold of their home with genuins concern and disappointment. Then the three brown and white puppies to whom the noses belonged ambied out and up the path, sniffing, watching, waiting. For whom? Only one person could be of such importance. Their mother. It was quite plain that it was breakfast time. There wa no eign of the mother coming to her hungry bubbes. One at a time they went down toward the voice by a hidden route.

The woman who called fastened a feasing very downcast.



went back into the house looking very downcast.

After a bit one scrambled out a, in and going to the edge of the rooli took a long look about just as if the others had said, "You go and see if she is coming." But he had to go back without news of their dear mamma. After five or ter, minutes wait the second came out and went back with no better tidings. Another new minutes phased. Now it was the third brother's turn to do lookout duty.

Hardly had he reached the doorway when a glad little yelp from this third sentinel brought his brothers out. All three went as near the edge as they dared, wiggling joyfully and running into each other in their clumsy baby way. Mother was coming:

Although she must have seen them, the clever mother dog took her time climbing up to her impatient babes.

In her mouth she carried something which they snapped at greedily wice she came up. Perhaps it was an expecially nice dog delicacy because it was sunday and because they were very, very pleased. They made a great russ in puppy fashion and the mether was rait its height a volce rang out from tree to rock and rock to tree:

| Cousin Eleanor.

Cousin Eleanor's Klub Kolumn

Dear Little Helpers:

to watch and encourage your interest

Betty Refuses to Take Just When Her Mission Is Almost Ended

CHAPTER XX.

OR a long minute they stood aghast. "Do you mean that you sliently together, then a knew him?" pleading paw raked at her hnee, and Demon's eyes gliss and then went on impetuously as if tened up to her in reproachful greeting. With a murmured laugh that stairs alone at midnight, and I found was half a sob Betty released her him lying dead upon the floor. I don't know how he got in or who killed him. There wasn't the slightest trace abaggy head.

"Recognized him!" repeated Ross

"I saw him once," Betty hesitated

rised may be that you are right; such bravery as yours should have its reward, no matter what your object.

The next moment she started/back and no matter what your object may be. Remember that day and in amazement. A chair had been night I shall be on guard as near as placed a short distance down the name upon your head. Take this and wear it; do not leave it for an instant out of reach, and if danger threatens and an oddy huddled figure lay benot bravery as yours should have its rethe next moment she started/back and is purpose and gone, she could examine the rified safe.

"You're shead of time, Mike. Admiring the portrait?" A low, sarmary be that you are right; such second she propose and gone, she could examine the rified safe.

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"You're shead of time, Mike. Admiring the portrait?" A low, sarmiring the portrait?" A low, sarway, and the man turned with an across her mouth and nostris to complished his purpose and gone, she could examine the rified safe.

"You're shead of time, Mike. Admiring the portrait?" A low, sarway, and the man turned with an across her mouth and nostris to complished his purpose and gone, she could examine the rified safe.

"Ha!" Wolvert's ejacutation of track this and propose and gone, she could examine the rified safe.

"Ha!" Wolvert's ejacutation of track this and propose and gone, she could examine the rified safe.

"Ha!" Wolvert's ejacutat

was almost more than I could she drew out the little whistle and now."

"And do you think that I will leave you here another hour?" he cried, and bore upon a plain mad quistoft clear from your thoughts and come with me!"

"And do you think that I will leave you here another hour?" he cried, and bore upon a plain mad quistoft clear from your thoughts and come with me!"

"If I ove you!" There was a world of sadness and remunciation in the worls, and she drew here of slowly from his embrace. "Oh, I do, Herbert!"

"Please, please, where a dear of the whistle and the profile was slowled the mantel and waited to her eyes upon the tiny dock on the mantel and waited to her eyes upon the tiny dock on the mantel and waited to here and the profile was slowled from the worlds, and she drew here of longs.

"Please, please, please,

whisper was little more than a conwas an postured face above. She ingers found the spring and trait swung out in a mighty sweep. They have made clothes to fill the spring and trait swung out in a mighty sweep. They have made clothes to fill the spring and trait swung out in a mighty sweep. They have made clothes to fill the spring and trait swung out in a mighty sweep. They have made clothes to fill the spring and the sp

"If I love you!" There was a world of sadness and renunciation in the words, and she drow herself slowly from his embrace. "Oh, I do. Herbert!"

"Please, please don't ask me! You cannot help me; no one can. I must see it through alone!"

"Then may God keep you, dear! It may be that you are right; such brivery as yours should have its reward, no matter what your object."

The next moment she started/back onlid are matter what your object.

Although she realized that the clumsy fingers might at any moment feel the drop of tha tumbiers. I'll have to use the soup, after all by a sleender thread of hope. Welch by a sleender thread of hope. Welch was alonging perhaps drugged, and there was a chance that he might not have attached the alarm system for the night before unconstant the pointed to half-past one. Then with a dark robe girded about her and a dark robe girded about her and a complished his purpose and gone, she ward, no matter what your object.

The next moment she started/back onlid are might at any moment feel the drop of tha tumbiers. I'll have to use the soup, after all "Go to it," responded Wolvert savthere was a chance that he might not have attached the alarm system for the night before unconstant the pointed touch the knob, the girl lingered, held have to use the soup, after all "Go to it," responded Wolvert savthere was a chance that he might not have attached the alarm system for the night of the remain under the sound and pressing a fold of her gown as country to use the soup, after all "Go to it," responded Wolvert savthere was a chance that he might not have attached the alarm system for the night of the feel the drop of that the ciumsy fingers might at any moment for the girl lingered, held have to use the soup, after all "Go to it," responded Wolvert savthere was a chance that he might not have attached the alarm system for the night of the ciumsy fingers might at any moment for the girl have to use the soup, after all "I's no gol' it is a tough lave, but this country for the ciumsy fi

which she were rapped smartly which we were rapped amartly upon the polished surface of the wood. For one thrilling moment she held her breath, but the lantern swept around the opposite side of the room to the door and flashed back in the same di-rection not coming her way at all, and Mike swere ence more. Mike swore ence more.
"I've had enough of this, I tell you! n't feel right, and I've got a hunch

I'd better be movin'. (To Be Continued.)

AST Saturday in the Red Cross parade I spied a great many familiar faces.

It has been one of my pleasures watch and encourage your laterest the humanitarian work which the inthe humanitarian work which the comfort. The work that you are deciming now, if it is done properly and

dear? Won't you let me save you cognizing Weich, although his exwhile there is yet time?"

Sobbing, Betty found herself all at once in his arms, held close to him in gentle, compelling strength, and instinctively her own arms crept up towed her as she fied silently up the eye lantern in the intruder's hand about his neck.

"I—i—Herbert, I do care!" The last and, boilting the door, she rewith fresh gobbets of mud. A canworld. Her midnight cup of tea bewith fresh gobbets of mud. A canworld. Her midnight cup of tea bewith fresh gobbets of mud. A canworld. Her midnight cup of tea bewith fresh gobbets of mud. A canworld. Her midnight cup of tea beworld. Her midnight cup of tea bein guard outside
wish this conflict to have ended long
for them. To bring a speedy and everworld. Her midnight cup of tea beworld. Her midnight cup of tea betoworld. Her midnight cup of tea beworld. Her midnight cup of tea beworld. Her midnight cup of tea beworld. Her midnight

Cousin Eleanor.





COUPON NO. 319

ready for disposal.

TOO MANY CROOKS!

They Steel Everything in This Story but the Plot-It Is a Dandy! BEGIN READING CLEVER NEW EVENING WORLD SERIAL NEXT MONDAY